

SELF-TALK GUIDE FOR PARENTS: HELPING YOUR YOUNG ADULT MANAGE STRESS

INTRODUCTION

This guide aims to provide parents with actionable techniques to help their young adults manage stress through positive self-talk. These techniques are based on proven psychological principles and can be easily implemented.

TECHNIQUES

1. Accepting Thoughts as 'Just Thoughts'

- **What it is:** Recognizing that thoughts are not facts.
- **How to do it:** Whenever your young adult expresses a negative thought, remind them that thoughts are not facts and do not define them.

2. Practicing Friendly Feelings and Self-Compassion

- **What it is:** Encouraging a kinder inner dialogue.
- **How to do it:** Teach your young adult to speak to themselves as they would to a close friend in times of failure or stress.

3. Thought-Stopping Techniques

- **What it is:** Interrupting the flow of negative thoughts.
- **How to do it:** Use a 'stop' command to halt negative thoughts and replace them with positive affirmations.

4. Labeling Feelings and Thoughts

- **What it is:** Identifying emotions and thoughts explicitly.
- **How to do it:** Encourage your young adult to name their feelings as a way to detach from them.

5. Replacing Anxious Thoughts with Constructive Ones

- **What it is:** Shifting focus from what can go wrong to what can go right.
- **How to do it:** Help your young adult reframe their anxious thoughts into constructive possibilities.

CONCLUSION

Transforming self-talk is a powerful tool for managing stress and improving mental well-being. By implementing these techniques, you can help your young adult build resilience and navigate life's challenges more effectively.

Note: *This guide is intended for informational purposes and should not replace professional medical advice.*